NOTES HOME THIS WEEK
Montessori note to be sent home tomorrow

PARENTS’ CHECKLIST
(Reminder of things to DO)

DATES TO REMEMBER
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 5 September</td>
<td>Father’s Day Breakfast 8.15am - 9am</td>
</tr>
<tr>
<td>Saturday 6 September</td>
<td>Montessori Father’s Day Stall at IGA Yarralumla 9am</td>
</tr>
<tr>
<td>Wednesday 10 September</td>
<td>Learning Journeys 8.30am-10am</td>
</tr>
<tr>
<td>Friday 12 September</td>
<td>Assembly hosted by Year 1/2 - 2.15pm</td>
</tr>
<tr>
<td>Thursday 18 –Friday 19 Sept</td>
<td>Birrigai Camp Years 3 and 4</td>
</tr>
<tr>
<td>Wednesday 24 September</td>
<td>YPS Walkathon</td>
</tr>
<tr>
<td>Friday 26 September</td>
<td>Assembly hosted by Year 5/6 - 2.15pm; Last day of term</td>
</tr>
<tr>
<td>Monday 13 October</td>
<td>First day of Term 4</td>
</tr>
</tbody>
</table>

REMINDERS:
FATHER’S DAY BREAKFAST TOMORROW AT 8.30am IN THE HALL (thanks to P&C Mothers!)
LEARNING JOURNEYS K- 6 CLASSES NEXT WEDNESDAY AT 8.30am to 10am (not 8am start as previously advertised)
PLEASE ENCOURAGE YOUR CHILD TO START SEEKING SPONSORS FOR THE WALKATHON in Week 10. We need funds to refurbish our hall stage – curtains, lights!
BUON VIAGGIO to the first of our families departing for their European holiday next week and the school Italian community trip and billet at schools in Bergamo in the spring break.

Cari Genitori

Limelight success
Congratulations to all students and particularly maestra Sarah Veitch who once again led our students superbly through their preparation for the Gala performance last Friday night of Step into the Limelight. It was wonderful to be able to see our students sing so confidently and do the AUSLAN signing for their primary massed choir items. It was also a great opportunity to catch up with many parents and see them enjoying their offspring’s talents. Bravissimi tutti! And thank-you for representing our school so well.

NAPLAN (National Assessment Program in Literacy and Numeracy) results
Tomorrow, children in Years 3 and 5 will receive their NAPLAN results from testing earlier in the year. Please keep in mind when you read these reports of your child’s achievement in the different literacy and numeracy strands that this is a snapshot on one day of a whole year’s learning. It is also just one piece of evidence available to teachers and educational stakeholders amongst a myriad of other data we use to inform us as educators on our teacher practice and where and how to adjust it to improve student learning.

At Yarralumla Primary we also focus on the whole child and the skills a 21st Century child needs to thrive in a global world. Are our students confident? team players? creative in their thinking? and resilient to knocks and life’s ups and downs? Do they have a sense of fair play and of fun and know how to form and sustain healthy relationships? Do they understand the values of diligence, persistence and humility? Being just literate and numerate (and bilingual!) aren’t sufficient in today’s world and as responsible educators of your children, we endeavour to teach a whole range of skills to fulfill their potential and to develop their moral character – qualities that a NAPLAN test cannot assess and that also make up a significant part of the curriculum.
At the last Board meeting, I presented data on last year’s 2013 NAPLAN results which impressed our Board members. It reinforced the message that our student growth between Years 3 and 5 is above the growth achieved by students in other schools in our South Weston network which in turn is above the Australian growth mean. It also reassured them that we are using the ‘back-end’ data of the teacher-access-only part of the website to inform our practice and that media reporting on NAPLAN when it tries to compare schools is often misleading and inaccurate. Reports on this year’s results after analysis will be circulated to the Board and community in this year’s annual school Board report.

Montessori Villa news
Tomorrow a letter will be going home to Montessori parents advising them of the steps that are being taken to ensure the continuity and rigour of the Montessori Cycle 1 program in light of the critical illness of Petro Purcell. We are very saddened at Petro’s situation and wish to assure our Montessori community that we are supporting her with messages and flowers and wishing her the best. Please contact the school if you don’t receive this letter from your child’s relief teachers – Helen Pearson or Leony Kowald who are currently teaching in the Montessori villa whilst Petro is on personal leave and Julie Dodd is on Long Service Leave.

Enrichment and end of year ‘Arts Showcase’
Enrichment sessions for our K-6 students will re-commence tomorrow afternoon and will continue every alternate Friday until the end of the year. The focus for each activity is on The Arts – visual and performing in preparation for our end of year ‘Showcase’ which will demonstrate our students’ learning in these areas. Mark Friday 12 December in your diaries! More details with timings and the program next term.

Learning Journeys next Wednesday 8.30 to 10am
Students and teachers are busily preparing for next Wednesday’s Learning Journeys. Please take time on your way to work to come and share in your child’s enjoyment of their learning. Remember a Learning Journey is about your child TALKING about his/her learning, you LISTENING and ASKING QUESTIONS and being ‘present’ for them. Your child should be able to explain their learning via what’s on class walls and what’s in their portfolios. If you have two or more children’s journeys to enjoy, we encourage you to do them separately and not have their siblings visit from other classrooms in order to facilitate ‘crowd control’ as students move between their English and Italian classrooms.

I look forward to seeing lots of our parents at the Learning Journeys and of course all our Dads tomorrow at the Father’s Day breakfast and reading in the classrooms afterwards!

Cordiali saluti e ciao
Lea (Signora Chapuis)

QUOTE OF THE WEEK: for Father’s Day of course!

“I believe that what we become depends on what our fathers teach us at odd moments, when they aren’t trying to teach us. We are formed by little scraps of wisdom.”

Umberto Eco (Italian writer and philosopher in Foucault’s Pendulum)

BOUQUETS THIS WEEK
Students: To all the girls in the Arrow team for never giving up despite the odds against them (very tall and older opposition) in their netball matches this season. Congratulations Arrows for your excellent display of sportsmanship!
To the other netball teams Comets, Rubies and Dreamteam who have also demonstrated great team spirit and tenacity in their matches.
To our 5/6 Aqua Marina students who planned and lead their collaborative Book Week activities yesterday for students across the whole school. Congratulazioni e bravissimi!
Staff: To maestri Veitch, Brissoni and Couch for ‘Being There’ for our Limelight students at the rehearsals last week and particularly during the Friday performance. Our students were wonderful ambassadors for our school.
To maestra Jill for her enthusiastic and steady coaching and guiding all the netballers through the season. Brava Jill e grazie mille. As always a brilliant job on your part!
To maestra Jayne for her tireless effort coordinating our Book Week rotations yesterday. Grazie mille!

Parents: To the other half of the dynamic netball coaching duo – Bernadette Mihaljevic for her hard work and support of our netballers at both practice sessions and on Saturday mornings. Grazie Bernadette.
Also to Giovana Mazzoli for her support with umpiring the Arrows and all parents who helped with the warm ups and scoring.

Christian Education In Schools (CEIS) occurs because parents request it for their children, under ACT legislation. Sessions are coordinated by the CEIS project, using approved resources and volunteers. If you would like to add your child to the existing attendance list, print off the section below and return it to the school or go to www.ceis.org.au/yes

PLEASE RETURN THIS SECTION TO THE SCHOOL TO HAVE YOUR CHILD ADDED TO THE EXISTING LIST

☐ YES, I request that my child/ren listed below participate in the CEIS sessions offered at school.

Child: ___________________________________ Parent name: ______________________________
Child: ___________________________________ Parent signature: ____________________________
Child: ___________________________________ Date: ________________

2014, Term 3 Assemblies

<table>
<thead>
<tr>
<th>Term 3, Week 8</th>
<th>1/2 (Maestri Cooper &amp; Scerri) and JLSU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 3, Week 10</td>
<td>5/6 classes</td>
</tr>
</tbody>
</table>

Yarralumla Primary School Parents and Community a one stop location for P&C related matters. Please visit (and save as a Favourite) – www.ypspandc.com as a location where you can find information regarding the P&C, Canteen, Fundraising and Volunteering. I hope that you find the site useful and welcome your feedback.

With the introduction of the new site there are new email addresses for the various P&C roles. If you would like to contact us please use these new details.

P&C News

We have been working behind the scene to develop a website that can provide the
A P&C Meeting is being held on Thursday 11 Sept commencing at 6:00pm in the Staff Room. Please come and join us, and have a voice.

Gudrun Northrup
P&C President

Father’s Day Breakfast
Friday 5 September
From 8:15 – 9am

Calling school dads, granddads and special friends – please join your kids and come along to a Father’s Day Breakfast on Friday 5th September. There will be a small charge for kids; Dads eat free!

Help needed – we will be asking for donations of baked breakfast goodies such as muffins and would appreciate volunteers in the morning to help serve. If you can help, please contact Melissa Coggan on pcoggan@msn.com

YARRALUMLA MONTESSORI FATHER’S DAY CAKE STALL

The annual Yarralumla Montessori Father’s Day Cake Stall is on again this Saturday 6th September!

Held outside the IGA at Yarralumla shops, we will be selling all sorts of yummy foods from 9am until sold out!

Get in quick to secure your Father’s Day homemade treats and delicious goodies, and support Yarralumla Montessori’s fundraising efforts into the bargain!

Canteen News

Next week (week 8) we are offering Toasted Sandwiches with a selection of fillings. It will be $2 per sandwich. The order form will be emailed out on Monday morning. Apologies for the change in menu item for this week, we hope to offer pasta in the future. Please keep the orders coming in by Wednesday afternoon, it really, REALLY helps when we have them on time. The usual snacks will be available for purchase on the day.

A big thank you to last weeks volunteers Lisa, Beth and Rachel and also to our student helpers Gil, Joshua and Lucy.

If you would like to help out in the Canteen we are ALWAYS looking for more and new volunteers. We only require help for a couple of hours on a Friday morning and any time you can assist it would be greatly appreciated. Please send me an email with your availability to: canteen@ypspandc.com

Thank you and regards
Raeleigh

YPS Canteen Weekly Snacks Term 3, 2014

<table>
<thead>
<tr>
<th>Item</th>
<th>Notes</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jelly Cups</td>
<td>Variety of flavours</td>
<td>$1</td>
</tr>
<tr>
<td>Popcorn</td>
<td>Small bowl</td>
<td>.50</td>
</tr>
<tr>
<td>Muffins</td>
<td>Variety of flavours</td>
<td>$1</td>
</tr>
<tr>
<td>Anzac Biscuits</td>
<td>No nuts</td>
<td>$1</td>
</tr>
<tr>
<td>Hot Chocolates</td>
<td>Made to order</td>
<td>$1</td>
</tr>
<tr>
<td>Quick Noodles</td>
<td>Cup of hot noodles</td>
<td>$2</td>
</tr>
<tr>
<td>Paddle Pops</td>
<td>Variety of flavours</td>
<td>$1.50</td>
</tr>
<tr>
<td>Icy Poles</td>
<td>Variety of flavours</td>
<td>.50</td>
</tr>
<tr>
<td>Fruit Piece</td>
<td>Variety of fruit</td>
<td>$1</td>
</tr>
</tbody>
</table>

Kindergarten

Kindergarten have had a very busy and exciting few weeks. We’ve experienced many wonderful performances and we’ve even be on stage ourselves! After weeks of anticipation, we saw the fabulous Makukuhan performers who came to the school in week 5 to perform with traditional Indonesian instruments.

We have had the opportunity of seeing some of the amazing talent at Yarralumla Primary School.
on display during the Y Factor, which finished last week. A number of kindergarten students were involved and we were all very proud that Avery from classe Zaffiro made it to the finals for his breaking dancing!

In week 6, we hosted the school assembly and we were very excited to show some of the work we have been doing in class, with our bad tempered ladybirds. We also had a lot of fun performing an Italian song we learnt in class, Gioca Jouer.

Another highlight of the last fortnight was Book Week. Kindergarten had a wonderful day dressed up as their favourite characters and seeing some of their favourite books come to life through theatrical performance. This week we have enjoyed continuing the fun of Book Week by exploring different books through rotations run by our buddies in Years 5 and 6. It really has been an exciting few weeks! In between all of the fun and performances, we’ve also been putting a great deal of thought into the Learning Journey which is next Wednesday from 8.30-10am. We are so excited to show our parents what we have been doing in class and we can’t wait to take them on a journey of our learning so far this year. We hope you have all received your invitations. Please RSVP to your class teachers to let us know if you are able to attend. We hope to see you all next Wednesday!

Grazie,

maestre Federica, Burrough, Medlicott, Veitch e Grujic

Year 4/5

The last few weeks have been full to the brim with activities for our students. We have had our assembly, a visit from author Jacqueline Harvey, our excursion to the National Archives, Y-factor heats and final, Book Week parade, Musica Viva, South Weston Athletics carnival and of course Limelight.

Our excursion to the National Archives was insightful and gave the students a glimpse of the complexities of our Australian history. The students were fascinated by the documents relating to the beginnings of our Federation and the Constitution. Of particular interest was the large ornamental seal of Queen Victoria. The students also learnt about the dictation test which formed part of our early immigration policy and were surprised at the discrimination applied to our migrants. We also looked at the display of images on migrant camps and the reasons behind why people came to Australia, particularly after World War 2. Bonegilla migrant camp stood out in particular as it is the camp where maestra Brissoni’s father, signor Giuseppe Brissoni lived after arriving in Australia in 1961.

Students were fascinated to learn that many migrants contributed to the development of Australian society by introducing their culinary traditions first through the kitchens of the migrant camps and later setting up restaurants and cafés in Sydney and Melbourne making our society a truly multicultural mix!

During our integrated unit in class we have looked at how the Gold Rush era brought large numbers of migrants to our country. Students were astounded by the racism that was shown to the Chinese who came here. They also could not believe that Australia developed the White Australia Policy at the same time as it became a nation. We have come along way in our history but it was very evident to the students that our past was not fair or kind to our early migrants. We have had some very stimulating discussions about people’s rights and how difficult it was for people coming here. We have read and viewed information about our migrant history and are learning to take brief notes and observe and learn from images.

In Italian, new vocabulary has been introduced related to the inquiry unit such as emigrare, abbandonare, partire. Students are encouraged to complete activities related to this topic on Language Perfect as part of their homework.

For the homework students are encouraged to read some of the stories of migrants who have arrived since World War 2 or to look at stories from their own family. Any research that they can do all helps to build a fuller picture of our migrant history. We will continue to view our history through the eyes of children in the ‘My Place’ series.

We look forward to seeing you at the Learning Journey on Wednesday 10 September.

maestra Brissoni e maestra Bomball
What an exciting week this has been for classe Acquamarina! Last Wednesday Yarralulma held the finals of Y Factor. Students in our class did an outstanding job organising the event, decorating the hall, setting up the stage and props, practising their lines and calming all the nerves and jitters some of our finalists had! We could not have had such a successful event without the professionalism and commitment of our Acquamarina students who worked cooperatively as a team.

The other exciting event was our Limelight Performance at the AIS on Friday night. Once again, students from our class and the rest of the school, demonstrated their amazing talent in the combined choir performance with two items ‘Power of the Dream’ and “ABC”. Backstage our students were calm and respectful, keeping themselves busy until our turn to go on stage. What a delight that we had a royal visitor, Her Royal Highness, the Princess of Tonga watching the event! Below are some reflections from our students:

This is our 3rd year participating in the Limelight massed choir with 6 other schools. We love Limelight and look forward to it every year because we gain new skills. This year we had to learn to sign using AUSLAN (while singing!), sing new genres of music and learn to control our nerves when performing infront of a huge crowd. Written Zelta Medenis, Alice Collins and Milena Mojsovski

I think that Limelight is one of the best things I will ever do at primary school and I hope that I can do it in high school as well. I love Limelight because it teaches you new skills - Auslan sign language and how to use your voice correctly. This year we had a interesting crowd including the Princess of Tonga! Limelight also gives you new opportunities. This year I got to sing into a microphone! I can’t wait until next year!!! Written by Oliver Lockey

I think Limelight is AMAZING because you get to sing like a professional and you are challenged to learn new skills- like Auslan. As soon you are old enough, I encourage all Yarralulma students to sign up! You won’t regret it! I cannot wait for next year!
Written by Gaius Frezza

This week our students will took leadership of the Book Week Rotation activities demonstrating again their commitment and cooperation as role models for the rest of the school.

Grazie e arrivederci
maestra Brissoni, maestra Meri e maestra Cansdell

It has happened again, we have reached week seven and the term is quickly slipping by. Once again as we head to the end of the term the number of OVERDUE books has crept up to over 300. Please try to return books that you have finished reading as soon as possible, the library is open nearly every lunchtime and before school 4 times a week.

COMING SOON (once I have finished the training course), I will be able to offer to the students and you the families access to Audio and Ebooks via the OVERDRIVE system from our very own Yarralulma Library. This is an initiative of the ACT Government to all public schools and will be a great resource for all students.
Helping Children Understand What they Read.

When students at schools are assessed for reading, teachers not only look at how well they read the words or understand the grammar. They are looking at how the student understands the story, did they pick up the subtle reference, the tone of the character, piece together all the little pieces of information to better understand the plot, or character motive.

As parents we listen to our children read on a regular basis and we need to use these opportunities to help them develop the skills of comprehension of plot, character, etc.

So, here are some ways that we can help them with developing these skills at home.

Engage your child in discussing the books content before, during and after they have read.

Before: read the blurb does it give clues, talk about the front cover, what do you think this book is about based on the title, the picture? Do you think this is a fiction or non-fiction book? Does the front cover give you ideas about the book characters?

Always important to ask when your child has provided their answer - What makes you think that?

Always remember at this point there is no correct answer.

During: Here is where we stop to ask questions and review the concepts, it is important to stop whenever you think it would be a good time to go over the plot, settings, character information or key details that have been revealed.

Remember you are sharing this story with your child. The types of questions you ask will help your child focus on the detail such as WHO, WHAT, HOW, WHY and don’t forget to ask your child to predict what might happen next based on the information they have built up.

After: Summarise and review the details, can your child remember the plot, retell you the story, chosen a favourite character, figured out the underlying message, can they relate it to other knowledge or personal experience and can you?

As you listen to the story, tell your child how it is engaging you, explain bits and pieces that you have picked and explain how you picked them up.

Reading is a journey of sharing, so share a good book together TODAY.

Other Things

Library Bags – This year I have given away 100 plastic bags to students to use a library bags and many students have received more than one. I don’t have any more, and I cannot afford to spend 15c a bag to supply them to students.

Please provide your child with a library bag; even an old pillow slip will work wonders to protect the books they borrow.

Plastic Bags – if you have a surplus of plastic bags at home and are happy to donate some to the library, they will be appreciated.

‘There is a more treasure in books than in all the pirate’s loot on Treasure Island’

- Walt Disney-

Ciao maestra Jayne

Uniform Shop

UNIFORM SHOP OPENING HOURS
TERM 3 2014

Week 7  5 September 2014  **FIRE SALE**
Week 9  19 September 2014

**FIRE SALE ITEMS**
Boys Gabardine Pants
Sizes 8 (11), 10 (2), 12 (5) & 14 (3)  $10

Girls Winter Skirt  Size 12 (3)  $10

Nim Hehir 0411 358 55, nimhehir@hotmail.com
Achievement Awards

**PRESENTED AT OUR LAST ASSEMBLY**

<table>
<thead>
<tr>
<th>Achievement Awards</th>
<th>Students Present</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Zaffiro</strong></td>
<td>Avery Howe, Alexandra Brew, Sofia Piani, Ruby Geelan</td>
</tr>
<tr>
<td><strong>Rubino</strong></td>
<td>Eva Tine, Olivia Heales, Saphira Crosskey, Aqlan Mohamad Taufik</td>
</tr>
<tr>
<td><strong>Smeraldo</strong></td>
<td>Leonardo Stringer, Garvan Hayes, Bonnie Russell, Dylan Num</td>
</tr>
<tr>
<td><strong>Granato</strong></td>
<td>Lillian Mead, Josh Chin</td>
</tr>
<tr>
<td><strong>Diamante</strong></td>
<td>Freyja Bacskai-Ruffolo, Tommaso Antinarelli,</td>
</tr>
<tr>
<td><strong>Giada</strong></td>
<td>Sabita Anderson, Diya Shah</td>
</tr>
<tr>
<td><strong>Topaz</strong></td>
<td>Nicholas Bennett, Liam Waldren</td>
</tr>
<tr>
<td><strong>Opali</strong></td>
<td>Callum Hicks, Julian Taylor, Scarlett Fittler</td>
</tr>
<tr>
<td><strong>Perle</strong></td>
<td>Lucy Piva, Sebastian Senti</td>
</tr>
<tr>
<td><strong>Eliotropio</strong></td>
<td>Erik Northrup, Isabella Fyfe</td>
</tr>
<tr>
<td><strong>Agata</strong></td>
<td>Lavinia Antonelli, Hannah Denham, Charlie Snow, Charlotte Dawes, Matheus Da Silveira Soza</td>
</tr>
<tr>
<td><strong>Acquamarina</strong></td>
<td>Gaius Frezza, Alice Collins</td>
</tr>
</tbody>
</table>

**Mathletics Awards**

**31 August (Week 6) – Week 6 Term 3**

<table>
<thead>
<tr>
<th>Mathletics Awards</th>
<th>Students Present</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gold Awards</strong></td>
<td></td>
</tr>
<tr>
<td>Sanjith Kumaran</td>
<td>1070 27 Aug</td>
</tr>
<tr>
<td><strong>Silver Awards</strong></td>
<td></td>
</tr>
<tr>
<td>Nicolo Vaccarella</td>
<td>2740 31 Aug</td>
</tr>
<tr>
<td>Haeden Bonney</td>
<td>1096 28 Aug</td>
</tr>
<tr>
<td>Jake Dawes</td>
<td>1000 26 Aug</td>
</tr>
<tr>
<td><strong>Bronze Awards</strong></td>
<td></td>
</tr>
<tr>
<td>Liam Waldren</td>
<td>2645 26 Aug</td>
</tr>
<tr>
<td>Sebastiano Orefice</td>
<td>2140 30 Aug</td>
</tr>
</tbody>
</table>

Charlotte Connor | 1800 30 Aug |
Shabnam Andisha | 1760 25 Aug |
Lane Andrews | 1511 26 Aug |
Isabella Mazzoli | 1456 25 Aug |
Erik Northrup | 1390 27 Aug |
Jude Ferguson | 1288 28 Aug |
Dylan Num | 1270 27 Aug |
Lucy D’Arcy | 1211 28 Aug |
Max Vitolovich | 1163 31 Aug |
Freyja Bacskai-Ruffolo | 1160 27 Aug |
Michael Bennett | 1150 25 Aug |
Carli Vitolovich | 1090 31 Aug |
Elizabeth Pratt | 1085 31 Aug |
Jack Willis | 1080 27 Aug |
Dev Shah | 1065 29 Aug |
Thor Bacskai-Ruffolo | 1060 27 Aug |
Madeleine Nelson | 1054 26 Aug |
Diya Shah | 1030 31 Aug |
Bronte Coggan | 1030 26 Aug |
Thomas Fahey | 1030 27 Aug |
Samara Mistry | 1030 26 Aug |
Riley Willis | 1020 27 Aug |
Nicholas Mazzoli | 1010 26 Aug |
Elizabeth Fahey | 1000 26 Aug |
Noah Dayal | 1000 26 Aug |
William Dolman | 1000 29 Aug |
Myles Johns | 1000 28 Aug |

Another gold certificate was earned this week! What a fantastic effort! All certificates will be distributed in class.

Sarah Veitch
Mathletics Coordinator

Sports News

**Congratulations to Oliver Lockey** who has been selected to represent the South Weston region at the ACT Athletics Championships to be held on the 23 September. Oliver performed extremely well and was placed in the top performers from the regional carnival in long jump and the 200m events. We wish him the very best at the ACT level. What a wonderful achievement.
Cycling Junior Race Series
The Canberra Cycling Club is excited to present a new junior race series with the focus on fun, taking part and skill development. The series will cater to experienced junior cyclists and we are encouraging children who are keen to try road racing for the first time to come out and give it a go. You do not need to commit to racing the whole series, just try 1 and see how you go! In addition to the 2 races on each day, skills sessions will be run to improve the kids bike handling skills.

The event will be held in a safe, traffic free environment at Stromlo Forest Park.

Event Dates
Sunday September 7
Sunday September 21
Sunday September 28
Sunday October 5
Detailed information is available on the website: http://www.canberracyclingclub.org.au/juniors/junior-race-series/

Remedial Massage at CIT – clients needed for a series of five treatments

CIT’s Fit & Well Student Massage Clinic is looking for clients to participate in a series of five remedial massage treatments. Suitable candidates are people who have had an injury or surgery (especially full or partial joint replacement) that has resulted in pain, scarring, loss of movement/coordination or other types of dysfunction.

Treatments will be conducted by students studying the final stage of the Diploma of Remedial Massage under the supervision of fully qualified and experienced practitioners. Treatments will consist of thorough musculoskeletal assessment, hands-on remedial massage and the provision of home care advice such as stretching and simple exercises. Clients are expected to actively participate in the home care aspects of their treatment plans as it will be central to achieving therapeutic outcomes.

One hour treatments are available on Monday afternoons and all participants must be able to commit to attending all five sessions delivered on a weekly basis.


Times: Monday afternoons, individual appointment times are negotiable.
Cost: $60 for whole series. EFTPOS/card payments only, accepted at time of first treatment.
Location: CIT Fit & Well Massage Clinic, Room B005 CIT Bruce, Haydon Drive.

If you would like to apply for a spot in this program please send a brief description of your condition, injury or surgery to Sara Dukic (Sara.Dukic@cit.edu.au) so the suitability of your condition for this program can be assessed.

Limited places are available.